

Vegetable Fried Rice

Rating: ★★☆☆

Makes: 4 servings

Ingredients

- 2 cups** white rice, cooked
- 2 tablespoons** vegetable oil
- 1/2 cup** celery (chopped)
- 1/4 cup** onion (chopped)
- 1 package** frozen vegetables (10 ounce)
- 1 tablespoon** soy sauce
- 1 dash** pepper (of)

Directions

1. Make 2 cups of cooked white rice. Use the package directions to make the rice.
2. Chop 1/2 cup of celery and 1/4 cup of onion.
3. Heat the oil in a skillet or large frying pan.
4. Add the celery and onion. Stir fry for 2 minutes.
5. Add the vegetables to the pan. Keep stirring the vegetables until they are tender-crisp.
6. Add the cooked rice.
7. Sprinkle with soy sauce and pepper.
8. Stir fry for 2 minutes until the rice is heated and the flavors are blended.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	7 g	11%
Protein	4 g	
Carbohydrates	33 g	11%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	280 mg	12%